



GROUND COVER

NEWS AND SOLUTIONS FROM THE GROUND UP

AUGUST 2017 VOLUME 8 ISSUE 8

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\$2

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Raising housing values through community action



by Susan Beckett
Publisher

Does building affordable housing in a low-income neighborhood actually increase property values there? That is what the research ostensibly shows. Pondering that likelihood, I recalled a recent conversation with an Ann Arbor resident. She told me that her house had magically become valuable in the last seven years, not because of any addition or remodeling but because it is located in Water Hill.

That area, just west of the north side of downtown, used to be the “wrong side of the tracks” and housing prices there lagged considerably behind those of the

Old West Side. That began to change in 2010 when the Tinkerhess family organized a neighborhood music festival featuring residents performing in their yards or porches. The talented performers of all ages and genres who populated the neighborhood drew thousands each spring to the free happening, dubbed the Water Hill Music Festival because of the many water-related street names in the area.

Water Hill started to be cool. Four years later, Paul Tinkerhess organized neighbors to cooperatively buy and operate SnowBuddy, a snowplow for clearing all their sidewalks. No one is forced to contribute but everyone’s sidewalks are plowed and most neighbors contribute as they can. The media picked up the story and snow shovelers throughout the city dreamed of living in a neighborhood where the sidewalks were plowed. Water Hill became chic and housing prices skyrocketed.

Similarly, the addition of an affordable housing unit can change a neighborhood for the better. Research from

Stanford University economists shows that one new affordable-housing complex in a low-income neighborhood raises by 6.5 percent the valuation of houses located within one-tenth of a mile of the development site. It also lowers crime rates and integrates the neighborhood both racially and economically.

The research by Rebecca Diamond and Tim McQuade examines how multi-family complexes funded by Low-Income Housing Tax Credits (LIHTC) affect the neighborhoods in which they are located. They conclude that society benefits most from building affordable housing complexes in low-income, low-minority neighborhoods as both diversity and property values increase. However, the economic benefit within the neighborhood is greatest when a new affordable housing complex is built in a low-income, high-minority neighborhood. They conclude that the greater-good benefits of building in low-income neighborhoods outweigh the reduced benefits to the families living in the affordable-housing complex-

es. Those families would benefit most from having housing in high-income neighborhoods, as studies indicate that children moved from high-poverty areas to low-poverty areas earn an additional \$100,000 during their lifetimes, on average.

An ancillary point made in this study is that more affluent residents increase the amenities within a neighborhood and therefore increase the desirability and economic valuation of living in that area. Which brings us back to the example of Water Hill and the ability of residents to increase their own property values by working together to make the neighborhood more appealing. And it is largely the commitment of the affordable housing residents and management to a safe environment that lead to improvements in their environs in a poor neighborhood.

Getting to know our neighbors and discovering our shared values can lead to a more pleasant environment and increased future wealth.

and unfamiliar that pique our sympathies more than what is present and obvious.

Sanctuary cities somehow appeal to our sense of humanity by providing hope for those who have sought refuge in a country known for opening its welcoming arms to immigrants.

Yet, most localities have yet to fulfill promises to their own citizens, many still reeling from the effects of the less-than-a-decade-old foreclosure crisis.

Despite some mainstream media reports, statistics show that illegal im-

see HOMELESSNESS, page 3

GROUNDCOVER MISSION:

Creating opportunity and a voice for low-income people while taking action to end homelessness and poverty.

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LETTER to the EDITOR

Presidential “leadership”?

Dear Editor,

Mr. Trump’s “leadership” will ultimately lead our country back into Watergate, Iran Contra and another Vietnam-type quagmire. Those who won’t learn from history are doomed to repeat it.

Paul Lambert



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Remembering who I am



by Rev. Dr. Martha
Brunell
Groundcover
Contributor

I recently returned from two weeks in Israel and Palestine. It was the first time I had traveled in the Middle East. Some of the folks who wished me well before I left expressed concerns for my safety. Others were surprised I had never been there, since it is a destination for so many in ministry. I went at this particular time to serve as the chaplain for a group of several dozen people who were traveling on pilgrimage to varied sites in and around Jerusalem and throughout Galilee.

As the chaplain, I was available to listen with people as they pondered their experiences. I also had a number of reflective and ritual responsibilities scattered across the time we were away. Some of those responsibilities I knew about and had prepared for ahead of time. Others arose as we were on our way.

In the middle of our journey we were traveling by boat on the Sea of Galilee

when one of our local guides turned to me saying, “We are now going to read these two texts, and you will speak about them.” The water texts were familiar, Jesus walking on the water and Jesus stilling the storm, but the time I had to gather my thoughts was very limited. Embedded in the biblical words we heard was a sentiment that is repeated 366 times in the New Testament, “Be not afraid.” I launched my words from there. I had a bus story, not a boat story, to share with people.

Back in 2004 I was in Ecuador traveling with my older daughter Amanda. She was studying in Quito, and I had come to visit. For a couple of days we took a side trip high in the Andes. There had been a rock slide that morning that delayed our departure.

Public transportation in much of Central and South America is in the form of retired North American school buses painted bright colors. A few hours later, Amanda and I were seated in one of those school buses going straight up the side of a mountain. I was by the window on the down side of the bus, gripping the window’s metal rim for dear life. All I could see out that window was a steep precipice whose bottom was

deeply out of view.

At that moment, my 20-year-old daughter turned to me and announced she wasn’t afraid of dying anymore. I responded that I couldn’t talk about that until we were on more level ground. After we had stopped climbing and pulled to a halt, Amanda continued what she had to say. Her Quito study included time in a health clinic located in an extremely poor neighborhood. There she had just caught her first baby as it was born. She told me that day if anything happened to her now, it would be okay, because she was involved in work that was hers to do on earth. Indeed, 13 years later she is committed to public health as the administrator of an Illinois county health department.

Our bus story from 2004 is one about me being afraid and one about Amanda being filled with clarity concerning who she was. It is a story that preaches well and it served just fine when I quickly needed some words on a boat crossing the Sea of Galilee.

Returning home a week later, exhausted from very full days of travel, intense heat and the varied conflicting and

complicated layers of life in Israel and Palestine, I suddenly realized the bus story from 2004 showed up when I needed it for another reason. Transitioning back to life in northern Illinois, I knew at my core where our pilgrimage to sacred sites from the past and to difficult 21st-century realities had primarily taken me. It was a powerful reminder of what is important to me, and of how I best live life with substance and joy. Like Amanda in 2004, I came face to face with a clearer sense of myself.

It is always a gift to arrive at our center again, to reclaim what is ours to do, and to understand why we are here. That re-centering can occur with travel, with new learnings, with the crisis of illness, injury or loss or with cooperative engagement around a big project like Groundcover News. It often shows up when we are out of our well-trod comfort zones; it can be scary if it challenges us. Sturdy grounding in ourselves isn’t an experience to check off our bucket list or a purchase we can make. It illumines us from the inside out to enrich our living with and for the sake of one another. Whenever such centering or grounding makes its presence known, I am grateful.

Solve homelessness first

continued from page 2

migration too often leads to criminal activity. According to an article in *The Hill* this past April, “The U.S. Department of Justice and the U.S. Sentencing Commission reported that as of 2014, illegal immigrants were convicted and sentenced for over 13 percent of all crimes committed in the U.S.”

Countless hard-working American families have followed the correct

process of immigrating to this land and now have their efforts mocked by those who do not.

A police state fueled by bigotry and hobophobia currently exists for millions of homeless Americans. We need not worry about future totalitarian impulses when some of the worse practices in history are being played out each day in our own backyards. The same localities promoting sanctuary cities

turn a blind eye to the urgent demand for tent cities and other forms of community support.

We are in no condition to do anything but secure our own borders and begin to focus on the myriad solutions to the homeless crisis that have yet to be

tapped.

If Americans cannot commit to solving this present crisis, we are in no position to worry about solving the perhaps-imaginary crisis of increased totalitarianism.

Losing loved ones

by Paula Anderson
Groundcover Vendor #157

I am writing a sad story on life. We know God put us here on Earth for a reason. We know we cannot question things about when our loved ones or friends die. We cannot ask why. God knows when it’s time, we don’t.

We have to learn to grieve in our own ways. People take it very hard but somehow we stay strong no matter how hard it may get. I have lost a lot of friends since November due to prob-

lems or other things in their life.

Each family has a lot of pain and the best thing we can do is pray God hears all of us. He knows how much pain we can handle. He watches over all of us. A best friend of mine just lost her mother-in-law. I feel her loss and the pains she and the family are going through. All we can do is pray and be there when they need to talk, cry or whatever.

All I can say is be nice and love your family all of the time you can.



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Vendors growing and dreams being realized through writing workshop

by **Madeline Strong Diel**
Groundcover Contributor

Midway through the “Celebrating Our Right to Write” project, a handful of Groundcover News (GCN) vendors continue learning how to use writing in their journals as a way to provide emotional stability, reflect on their past and give themselves permission to dream about their future.

We’ve hit many milestones since the project began on June 12. Both Matthew White (Vendor #324) and Joe Woods (Vendor #103 and GCN sales manager) have written their first poems and read them at a well-attended open house on June 29. Two representatives from the First Unitarian Universalist Congregation of Ann Arbor were on hand to meet students in the work-

shop, which is supported in part by a grant from the church’s Jackson Social Welfare Fund. The representatives expressed their encouragement to GCN vendors and spoke one-on-one with them to learn more about their lives.

The workshop continues to meet every Monday at the Bethlehem United Church of Christ, in the basement right next to the Groundcover News office. After a lunch of pizza donated by Hello Faz, each participant is given the opportunity to work with a writing coach on individual projects. Lit Kurtz, one of GCN’s most prolific authors, is working with local author Lisa Powers to put together an anthology of some of her best writing from the newspaper.



Prolific Groundcover author Lit Kurtz and her writing coach, author Lisa Powers. With support from Lisa, Lit is finally focusing on her life’s dream to write and publish a book about her experiences, including what it is like to be black and homeless in the United States.



No More Dope Fiend Mentality



by **James “Joe” Woods**
Groundcover
Vendor #103 and
Sales Manager

Editor’s Note: Joe wrote this, his very first poem, in about 10 minutes during the first freewriting session of the first workshop he attended. Except for line breaks and a few transitions, these are Joe’s words, verbatim. Practicing positive affirmations is central to the workshop, and Joe says he’s been using them for years as a salesman and throughout his life’s struggle, even though he never knew they are called “positive affirmations.” Everyone who has ever met and spent time with Joe says that he generously shares his positive energy and encouragement with everyone, and that’s the kind of positive energy that infuses his first poem. (It’s also how he earned his position as Sales Manager, always encouraging other vendors and challenging them to new heights of success!)

Beautiful day today in the land.
New attitude for success,
no more Dope Fiend Mentality.
Thinking mentality—Success is Earned,
not given.
Be strong and letting nothing disturb
my peace of mind.

Just Going...
One day at a time,
one minute at a time,
one second at a time.

Feeling better today—

RELEASED

a whole lot of stress

Sun-day. For what is it to gain the whole world
Just
to
lose my soul?*

Feeling better about people.
Don’t stress out anymore.
Dealing with people

Was
really
losing it

thought I was going to
explode.

Life is ten percent what happens to you
and ninety percent how you react to it.

You have to have the heart
of a lion
and be a sponge and soak up
all the knowledge that you can
to survive.

* carried in Joe’s heart from Matthew 16:26

Surviving without a check: young boy



as told to
La Shawn Courtwright
Groundcover
Vendor #56

(This is part of a series of vignettes describing the survival strategies of people with no regular income.)

I was sexually abused for four years and ran away right before I turned 18. I learned that I could be paid for sex and picked right up on the trade. Older males who dressed as females put me up on some strips that were known for people looking for young men because that’s how they got started. I began to dress as a female and was treated very generously by my tricks. I have naturally feminine features.

I used to pick the pockets of the drunken clients. I have stolen jewelry and other valuables from some of the homes I would choose to go to. It is pretty easy to get away with these

crimes when you are dressed in different wigs and clothes. I have been shot once, stabbed and raped on a few dates. Despite this, it took me over five years to finally get out of that lifestyle. I met someone who paid for me to go

to school and get a skilled trade. I now work in carpentry but still enjoy dressing as a female.

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Right to Write workshop series

Looking for a Way Back to the Motherland

by Matthew White
Groundcover Vendor #324

Yo yo the ice cream man
has a plan
to get rich off the
white man land.

Think about all the good times
when a man had a couple grand.

Looking for a way back
to the Motherland.

I’m just a man with a broken heart
trying to get a head start
to keep on moving.
Life is good from the bottom.
Gotta come up with new plans.
Chilling watching time pass.

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Family Empowerment Program brings onsite services to Ypsi families

by Susan Beckett

The Ypsilanti Housing Commission (YHC) jumped at the opportunity to provide their Hamilton Crossing residents with onsite support when the opportunity presented itself in the form of an Eastern Michigan University Institute for the Study of Children, Families, and Communities (EMU iSCFC)-Kresge Foundation collaborative pilot program, the Family Empowerment Program.

That initial Kresge grant, made in 2013, accommodated only 70 of the 700 families who applied for the program in the two weeks during which applications were accepted. Assistance was provided for child care, mental health, dental care, scholarships and education, and financial-empowerment Individual Development Accounts (IDAs) that included an eight-to-one match on savings designated for improving the family's financial opportunities. Families in the program averaged an annual \$9,000 increase in family income.

The wildly successful Family Empowerment Program (FEP) was integrated in- to all YHC housing developments in 2016, though it is still administered by EMU. FEP director Marquan Jackson and YHC director Zachary Foster work together to support families in breaking the cycle of poverty. Participation in the program is mandatory for at least one member of each YHC family at Hamilton Crossing but is also tailored to the needs and desires expressed by those residents.

"When we [researchers and programmers] roll out programs, we tend to devalue low-income people's time," said Jackson at the April 7, 2017 Poverty Solutions Engagement Series program, Making Housing More Affordable. "We bring the resource to them."

Having the programs and services at the onsite resident community centers also increases the comfort level of residents and emboldens them to further advocate for themselves and the supports that would make the biggest difference to them. When the Ypsilanti Community Schools (YCS) Superintendent came to one of the meetings at the Hamilton Crossing Community Center last year, parents there candidly revealed why they are not enrolling their children in YCS schools. The meeting was so productive that he will return this year. A representative from the University of Michigan (U-M) Mott's Children's Hospital also came to the Hamilton Crossing community center to learn why residents felt slighted

see FAMILY, page 11



Ryan Hunter from Congresswoman Dingell's office, author Susan Beckett, FEP director Marquan Jackson, Hamilton Crossing residents Keyattia Carter and December Smith and YHC director Zachary Foster pose with Sydney Smith (displaying a literacy backpack) at a Hamilton Crossing play structure.

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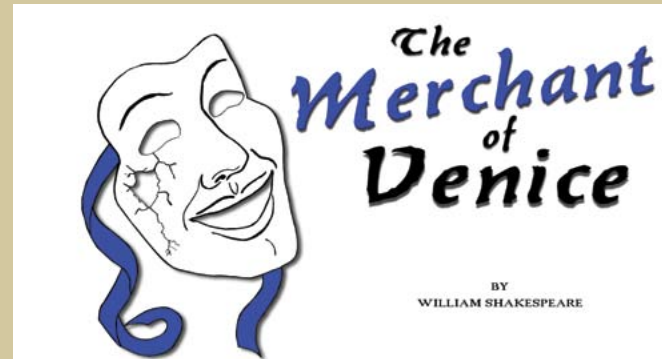
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Pauline launching personal shopper business

by Pauline Burnat

Groundcover Vendor #351

Greetings of peace and happiness to you. My name is Pauline and I sell Groundcover News. Many people have told me I have a good sense of fashion (even though most of my clothes come from the second-hand stores and my size is hard to find there). Recently two people I highly respect told me I should be a professional shopper for people. So this is why I'm writing this article: I'm hoping to start my own business which will enable me to get a home and the necessities I need and to be able to help others. I'm a very careful shopper who checks for quality, safe ingredients, freshness and price.

I have trouble getting a job because I have a paralyzed left arm, from polio at age three. I'm 68, and because of numerous head injuries as a child and an adult I'm a slow learner and do not understand computers, smart phones and the internet: I sell Groundcover because it's a job I can do - shopping too! Thanks to

RIGHT: Compliments on Pauline's great eye for bargains and fashion have encouraged her to try a career as a personal shopper.

a Christian family that picked me up hitchhiking last year, I have a vehicle I can sleep in. Before they helped me, I was sleeping during the daytime (I was too afraid to sleep at night) on grass, cement or in chairs. They bought a wrecked van at an auction for \$550 and fixed it up for me.

If you are too busy or unable to shop for yourselves please give me a chance to be your personal shopper. I would

greatly appreciate the opportunity to try to start a new career as a professional shopper. Most of my clothes come from the second-hand store and most of my jeans were only one dollar on the days they had sales.

Some of the jeans I wear are too big so I let them hang on my hips and hide it with tunic tops. I have trouble finding tops for myself at second-hand stores though because I like long sleeves to

hide my paralyzed arm and prefer tunic-type tops. Please take these factors into consideration when you see what I wear, because I could be dressed better if I could afford to shop in a regular store.

I would like to take this opportunity to thank all the kind-hearted people who have bought Groundcover newspapers from me. I am very, very grateful. My

see PAULINE, page 8



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1						7	3	9
6				9	7			
		2	1	7				
3	6						1	7
				4	3	9		
			4	5				3
5	3	4						6
				3	8			2

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All vendors must agree to the following code of conduct:

- Groundcover News will be distributed for a voluntary donation of \$2, or the face value of the paper. I agree not to ask for more than face value or solicit donations by any other means.
- I will only sell current issues of Groundcover News.
- I agree not to sell additional goods or products when selling the paper or to panhandle, including panhandling with only one paper.
- I will wear and display my badge when selling papers.
- I will only purchase the paper from Groundcover News Staff and will not sell to or buy papers from other Ground-

- cover News vendors, especially vendors who have been suspended or terminated.
- I agree to treat all customers, staff and other vendors respectfully. I will not "hard sell," threaten, harass or pressure customers, staff, or other vendors verbally or physically.
- I will not sell Groundcover News under the influence of drugs or alcohol.
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- I agree to stay off private property when selling Groundcover News.
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Name Game Peter A. Collins

ACROSS

- Basketball game starter
- Door attachment
- Bake sale organizers, maybe: Abbr.
- "A Moon for the Misbegotten" playwright Eugene
- Correo ____ (Mexican airmail)
- Bobby of the Bruins
- Expenditure
- Indians Hall of Famer with three no-hitters
- Vehicle in a miner accident?
- Make ____ for it
- Wide receiver Beckham, Jr.
- Patty Duke role in "The Miracle Worker"
- Big ____ (7-Eleven drink)
- FB stat
- Assist
- Outfielder's shout
- L.A. clock setting
- ____ Friday's
- Elvis's "____ of Blues"
- "Catch-22" writer
- Neck-and-neck
- To date
- Charged atom
- Earth tones
- 35mm camera type
- London TV inits.
- Accident investigation grp.
- RoboCop portrayer
- Apply postage
- Tabula ____
- Alley unit
- Israeli spoon-bender
- Pines
- ____Manuel Miranda ("Hamilton" writer)
- German philosopher Georg
- "Anything you want!"
- EPA figure
- Fill to excess
- Wipes the slate clean

DOWN

- Like some grins
- Acclimated (to)

ACROSS

- Pansy parts
- Tin Man's request
- Keys state: Abbr.
- One way to play when it's windy
- Afghanistan capital
- Vegas Strip illuminator
- Sphere
- First of a set of two photos, maybe
- Environmental menace
- Garden support
- J.F.K. posting
- Multivolume ref.
- Some plastic figurines
- Checker side
- Aswan Dam lake
- Singer/songwriter Sands
- Goals + assists in the NHL
- In abundance
- Letter carrier's tote

DOWN

- Financial district, slangily
- Renaissance festival activity
- Gomer ____
- "Tha Carter" rapper
- Anderson Cooper's employer
- Goes all out
- They might be on teacher's desks -- in two ways
- Soon-to-be grads
- Trumpet sounds
- ____ and the Jets"
- Cedar waxwing features
- Country rocker Steve
- Beast in a Nash poem
- Underwhelmed response
- Birthplace of Albert Einstein
- J.F.K. alternative
- Roadside stand unit

© Peter A. Collins (Published via Across Lite)

Border-to-Border Trail expansion to provide new recreation opportunities

by Susan Faulkner
Executive Director
Huron Waterloo Pathways Initiative

Already known as a great place for recreation, Washtenaw County will soon have a safe, paved pathway for even more outdoor activities, with the expansion of the Border-to-Border (B2B) Trail now underway. The Huron Waterloo Pathways Initiative (HWPI) and the Washtenaw County Parks and Recreation Commission (WCPRC), in coordination with local and state public and private groups, have accelerated and expanded plans to build the B2B Trail so that residents will have access to 70 miles of non-motorized pathways within the next five years.

The B2B was originally conceived in the 1990s by the WCPRC as a 35-mile non-motorized trail that would follow the Huron River from its entry into Washtenaw County just south of Pinckney to its exit into Wayne County near Ypsilanti. The expanded B2B vision is a 55-mile paved trail that, when combined with the adjoining Lakelands State Trail, would be 70 miles long and include a unique 44-mile loop trail connecting Dexter, Chelsea, Stockbridge, and Pinckney and two major state recreational areas. The completed trail system could become a major regional attraction for the approximately four million people who live within one hour of the B2B.

The expanded B2B would also become a marquee element of the Iron Belle Trail, Michigan's 2,000-mile network of trails.

According to Jeff Hardcastle, Chair of the HWPI Board, "Completion of the B2B is a tremendous opportunity to provide safe and healthy recreation alternatives for our community, with more than 50 parks and natural areas accessible directly from the trail." Hardcastle emphasizes that the trail is meant for everyone – from moms with strollers to wheelchair users to runners. New construction will be hard-surfaced, 10-footwide



A portion of the Border-to-Border Trail, which will follow the Huron River and connect to the Lakelands State Trail. At 10 feet wide, it will safely accommodate strollers and wheelchairs as well as bicycles.

pathways that are A.D.A. (Americans with Disabilities Act) compliant, ensuring that people of all ages and abilities can use the trail.

Completion of the entire B2B by 2021 is the shared mission of an extraordinary public-private partnership between HWPI, local and state governments, and community organizations. HWPI is striving to raise \$15 million in private funding, to be combined with \$20 million in public funding.

The community has rallied behind this effort with support and engagement at community events all throughout the summer, including the Ann Arbor Art Fair and local athletic events. Raising awareness and support of trail development has been a priority for HWPI.

Support for the project has also emerged from tragedy. Karen McKeachie, a United States Triathlon Hall of Fame inductee and internationally recognized athlete, was killed on August 26, 2016 while cycling on a road near her home in Scio Township. Immediately following

Karen's death, her family chose to honor her legacy through a \$1,100,000 gift to the Huron Waterloo Pathways Initiative (HWPI). This gift has created significant additional momentum for the B2B project, which the family hopes will help honor Karen's legacy.

In the words of Lew Kidder, Karen's husband, "Karen was a remarkable athlete who encouraged countless people to be active and reach their physical potential. Karen's parents and I would like to honor her by providing safe recreational opportunities for everyone. It's time to build the trail."

Construction is anticipated to begin on two segments (3.8 miles) of the trail in the next six months. Active construction segments are planned each summer for the next four years, in order to complete the necessary 21 miles of new trail by the fall of 2021.

Over the next two years, the HWPI Board will seek financial support of individuals, local businesses, foundations and corporations. They will be engaged in community events and encouraging people to both volunteer and get out and use the trail. Look for HWPI at the Chelsea Sounds and Sights Summer Festival, Dexter Daze Festival, and Bill's Beer Garden in August (see adjacent concert fundraiser ad).

To find out more about the B2B Trail or how you can be involved, please visit our website at: huron-waterloo-pathways.org.

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Boober Tours expanding to Ypsi & how to make lifestyle changes

by Kevin Spangler
Groundcover Vendor #307

Now that summer is here, everyone is out and about and business is booming. Boober Tours soon will be expanding to Ypsilanti, Mich., at the request of Mayor Amanda Edmonds. We have been expanding to other cities for special events. Thanks to Bank of Ann Arbor, we have been going to Birmingham and Plymouth.

We are looking for donors to sponsor a new pedicab to create more second-chance jobs for people in recovery. The cost is \$4,800 and along with creating this job, the donor will receive two years of advertising space on our pedicabs, valued at \$11,000.

I am well on my way to realizing my vision for Boober Tours, and it all started with lifestyle changes. I'd like to share again some tips on making changes in one's life. (I will use weight as an example because I used to weigh 300 pounds. I have tried many fad diets and have failed. To be successful and accomplish your goals and vision for the future, I have found it necessary to go through more fundamental lifestyle changes.)

Follow these steps if you want to make a lifestyle change:

Step 1: Select an area in your life you

want to improve and describe what that area is currently like for you. Be specific.

Step 2: Write down the rituals that have shaped your current conditions. Be honest. For example, I would wake up each morning and eat a few donuts, eight eggs, toast, deep fried potatoes, fast food and processed foods. I would eat massive meals right before bed. I drank beer, liquor, wine. I would over-consume every day. Even when I was not hungry I found myself stopping at these questionable fast food places.

Step 3: Write down what it is that you want. Be specific. I want a perfect six-pack, I want to be healthy, I want all the chemicals in my body to be balanced, I want to lose 20 pounds, I want regular bowel movements, I want to learn as much as I can to help me lose this weight, I want to be happy, I want it to be simple.

Step 4: Write down rituals that will get you to a compelling vision. What would you need to do differently each day to get what you want? Willpower alone does not work – rituals last a lifetime. For example, my new ritual lifestyle of eating is: consume high-alkaline fruits only until noon; lunch is 70 percent live greens veggies, 30 percent carbs (such as potatoes or sweet potatoes); and dinner is 70 percent veggies and greens, 30

percent protein of fish, chicken, or beef. Support local foods as much as possible. Divide my body weight (measured in pounds) by two and drink that much water in fluid ounces. Exercise on a regular basis (write a weekly schedule). Always pack my meals so I am prepared for my whole day. Only shop on perimeter of the grocery store for whole foods. Extremely minimal consumption of cooked foods. Increase my branch chain amino acids and omega fatty acids through hemp hearts. Believe I am healthy and that I only make healthy decisions. Teach my taste buds to love wonderful, healthy foods.

I hope you found this article insightful. Boober Tours – the only way!

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Family Empowerment Program assists Ypsi families

continued from page 6

when they brought their children for treatment.

This grass roots communication fits with Jackson's worldview. "We are all teachers and learners. I'm not a single mom. I don't have kids," he said.

In addition to a computer lab at the community center, participants get a free computer (though they must attend their center's computer 101 course) and they all have free wi-fi courtesy of Wireless Ypsi. These are critical assets for pursuing a job or continuing education, goals to which Jackson holds residents accountable if they are not already employed or receiving disability payments.

Keyatta Carter and her daughter Taylor have only lived at Hamilton Crossing since January. With the support of Jackson and his two assistants, she is hustling to find a new job within the two-week window they have set as a goal. She gets jobs easily, having worked in a nursing home and for a temp agency, but she wants a job nearby during the morning hours so that she can care for her daughter when she is not in the Perry pre-school. Keyatta is returning to college in the fall in pursuit of her Bachelor of Science in Nursing. Taylor wants to be a doctor – she is getting started by drawing her own x-rays!

Jackson pointed out that a new child care center is coming to Wallace Street. The FEP children not in EMU's Bright Futures program will be transported there from Perry to after-care, allowing Keyatta a bit more flexibility in employment time. Taylor is eager for new experiences with other children and is fully engaged in the Hamilton Crossing programs such as Family Night, Reading Night and Fall Festival. She will also be able to take advantage of after-school tutoring by EMU students at the community center.

Seeing residents complete their education is where Jackson gets the most personal satisfaction. Last spring, one of the first FEP participants gradu-

ated from the U-M School of Nursing. Another received her Masters of Social Work from U-M in the winter of 2016. Before moving out of Hamilton Crossing she commented to Jackson, "Now I have the same credentials as you!"

December Smith has lived at Hamilton Crossing for three years. She describes it as an amazing community with a great support system. It has been challenging for her to remain employed while caring for three young children and she is grateful that her rent fluctuates with her income so she doesn't face the stress of eviction when she has to change jobs. The FEP team has helped her with transportation and work boots that she needed immediately to start a job with Recycle Ann Arbor, with food stamps and with negotiating court payments and record expungement.

Smith's children enjoy the literacy backpacks loaded with books for them to borrow. *Chicka Chicka Boom Boom* is their favorite to date. "The kids love having their own space, a backyard and the office people here. They're happy," Smith said, especially grateful after sleeping on friends' couches prior to moving into Hamilton Crossing.

Smith's rent increased from zero to \$217 per month, 30 percent of her income. "It made me feel good to be contributing. It also helped me with budgeting and being responsible with my money. The moms' co-op group we formed here helps, too, cutting down on babysitting expenses."

The Kresge Foundation renewed their funding with an increase to \$350,000 in 2016 so the program could continue servicing Hamilton Crossing as well as expand to the recently demolished and rebuilt New Parkridge development. Additionally, Deborah Strong Housing (the YHC's scattered site development) was designated as the first funded project of the nationwide Strong Families Fund. Major funding for this flagship Pay-for-Performance initiative is provided by the Kresge and Robert Wood Johnson Foundations, with program administration and technical assistance provided by the Corporation for

Supportive Housing. Other partners include Key Bank, with low-income housing tax credit financing through Goldman Sachs, the Community Development Trust, National Affordable Housing Trust Inc., and Stewards of Affordable Housing for the Future.

Thanks to the tax credits, all of the YHC properties have been either fully renovated or demolished and rebuilt in the past five years and easily meet Fosler's objective of having the properties look like desirable, market-rate apartment complexes rather than the stereotypical aging public housing. The FEP Strong Families program is fully funded for the first two years to cover start-up. The FEP can receive as much as \$90,000 for each of the following eight years, 2018-2026, if it achieves all its measures of success.

Establishing those measures is part of the work the FEP is accomplishing with the help of the Corporation for Supportive Housing during the setup period. Beyond workforce participation and increased income, they are measuring successes in maintaining housing, banking, the education of children, the health and well-being of residents, community engagement and perceived safety, improved care of units and reduced complaints about neighbors.

One area of concern is funding beyond June 2018. The Kresge Foundation is unlikely to again renew the grant that covers FEP expenses at Hamilton Crossing. The program currently receives no county, state or federal funding beyond the federal portion of the savings match available to residents in the IDA program.

The YHC also needs to fund Avalon supportive services for the 24 new units of permanent supportive housing (PSH) opening in New Parkridge, and for future supportive housing units they might develop for seniors and veterans. None of the County's Coordinated Funding or Continuum of Care Competitive Funding was allocated to YHC programs in 2017 due to ongoing need of programs funded in 2016.

The FEP partners with local agencies to strategize ways to assist families with becoming self-sufficient. The Child Care Network educates families on characteristics of quality child care and provides the FEP families with partial scholarships for child care. A 24-hour child care center is one of the options, with space guaranteed to FEP families.

When a resident does something significant to disrupt the community, the Dispute Resolution Center is brought in to mediate and guide a restorative justice solution. A common scenario is that the apartment of a new renter becomes party-central for their friends and the noise disturbs the neighbors. Through the process, the new renters learn about the lives of their neighbors and why they need it to be quiet by a given time at night.

Workshops on health-related topics such as nutrition, disease management, stress reduction and physical activity are presented by the U-M Programs for Multicultural Health.

The Ypsilanti Creative Arts Program offers activities such as hip-hop, tap dance, ballet and acting classes. The Dolly Parton Imagination Library provides age-appropriate books for babies and toddlers.

It is easy to see why Fosler says, "I like the entrepreneurial nature of the YHC. It is more like a business than a government agency and I feel good about what I do. I have my own kids and I like seeing kids have a safe place to live."

Waitlists for YHC properties are currently full. Announcements will be made in the local papers and on the YHC website (ypsilantihc.org) when they are about to open them again. The Parkridge PSH residents will be selected through the HAWC Community Housing Prioritization process.

Donations to the FEP can be made online through the EMU Foundation at emich.edu/foundation, and the Family Empowerment Program can be identified as the recipient in the Additional Comments section.

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Fresh Michigan corn with Parmesan

by Elizabeth Bauman
Groundcover Contributor

Ingredients:

- 1/2 cup olive oil
- 2 cloves of garlic, finely chopped
- 1/2 cup freshly shredded Parmesan
- 2 tablespoons chopped Italian parsley
- 1/2 teaspoon salt
- 6 ears of corn

Directions:

Heat the oil in a small skillet over medium heat. Add the garlic and sauté until tender and fragrant, about 1 minute. Cool thoroughly. Set aside 2 tablespoons of the Parmesan cheese and stir the rest into the garlic mixture, then add the parsley and salt.

Cook the corn in a large pot of boiling salted water until crisp-tender, about 5 minutes. Transfer the corn to a platter. Brush the cheese mixture over the hot corn and then sprinkle the remaining 2 tablespoons of cheese on top of the corn. *Serve warm.*



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